

WHAT IS CLAIMED IS:

1. A hand exerciser comprising:

a loop having a smooth outer periphery;

5 a plurality of rings each having a hole defined therethrough and the loop
extending through the hole of each ring so that the rings are rotatable relative to the
loop.

2. The hand exerciser as claimed in claim 1, wherein an inner diameter of
the hole of each ring is 1.5 times of an outer diameter of the loop

3. The hand exerciser as claimed in claim 1, wherein the hole is
10 eccentrically defined through each of the rings.

4. The hand exerciser as claimed in claim 1, wherein at least one of the
rings has a polygonal outer periphery.